

Stuffed Mushrooms

Ingredients

4 medium mushrooms*

Low protein breadcrumbs

1 small onion

Seasoning

Parsley/thyme/mixed herbs

Oil/butter/margarine

Low protein cheese, grated

* may need to count as exchanges



Method

1. Skin the mushrooms and remove the stalks.
2. Place the curved side downwards on an oiled baking sheet or dish.
3. Prepare the stuffing by frying the onion in some butter and adding in the mixed herbs
4. Pile the mixture onto the mushrooms and sprinkle with low protein cheese and bake in a moderate oven until soft.
5. Serve with low protein bread, fried or toasted.